



# Spirit River Minor Hockey

FUN, DEVELOPMENT, PROGRESSION

# SRMHA Objectives

- ∞ To provide a fun and rewarding place for all kids to play hockey year to year while moving our program forward.
- ∞ To allow our young athletes to succeed and develop in a competitive manner while teaching them the values of participation and progression, teamwork, and having fun.

# SRMHA Goals

- 1) FUN within the program
- 2) DEVELOPMENT within the program
- 3) PROGRESSION within the Program

# INFO CONTACTS

☞ PRESIDENT – Jeremy Gades

○ 780-864-9416

VICE-PRESIDENT – Tyler Vollman

○ 780-296-4359

☞ REGISTRAR – DJ Barbarich

○ 780-897-9825

# WEBSITE

[www.spiritriverminorhockey.com](http://www.spiritriverminorhockey.com)

## Communication / Info Sharing

- ☞ Bylaws, Meeting Minutes, Association Info
- ☞ Registration
- ☞ Forms
- ☞ Practice / Game Schedules
- ☞ Team Pages
- ☞ Distribution of emails to association contacts
- ☞ Sponsors

# Age Groups & Fees

## ☞ Initiation

- 4,5,6 (2009-2011)
- \$200

## ☞ Novice

- 7,8 (2007 & 2008)
- \$300

## ☞ Atom

- 9,10 (2005 & 2006)
- \$400

## ☞ PeeWee

- 11,12 (2003 & 2004)
- \$425

## ☞ Bantam

- 13,14 (2001 & 2002)
- \$450

## ☞ Midget

- 15,16,17 (1998-2000)
- \$550

**\*OVERAGE ASSESSMENTS**

# What do I need to register my Child

- ☞ Copy of Birth Certificate
- ☞ Health Care #
- ☞ Town Address / Legal Land
- ☞ Parent Respect in Sport
  - <https://hockeyalbertaparent.respectgroupinc.com/secure/>

# Funding Support

## ☞ Kidsport

- [www.kidsport.ab.ca](http://www.kidsport.ab.ca)
- Local Contacts 780-539-2972
- Up to \$300 based on application

## ☞ Playsmart

- [www.jumpstart.canadiantire.ca](http://www.jumpstart.canadiantire.ca)
- 1-877-616-6600

## ☞ Local Community / Local Association

## ☞ Equipment Swaps



# EQUIPMENT REQUIRED

## EQUIPMENT GUIDE

\* Please visit [www.hockeyplayers.com](http://www.hockeyplayers.com) for goalie equipment information.

### Throat Guard

- Must meet the BNO Certified Throat Guard (fit according to player's style and shelling size)

### Shoulder Pads

- Functions to protect the shoulder, joint, collarbone, neck, chest, and upper arm.
- Style of pad is determined by the size, skill level, and style of the individual player.
- Match the player to the appropriate shoulder pad by ensuring a good fit between the shoulder, collarbone, pads and pants.

### Elbow Pads

- Functions to protect the elbow, forearm, wrist and hands.
- Should fit snugly, but comfortably into the elbow area.
- Straps should secure the pad to the arm while allowing unrestricted movement.

### Hockey Pants

- Functions to protect the hips, kidneys, tailbone, upper legs, and lower abdomen.
- Should fit snug to provide the best protection while still allowing for unrestricted movement.
- Length of pants should fit to the top of the knee cap.
- Age and skill level can each dictate the style of pants needed.

### Shin Guards

- Knee cap should be stable within the lace cover and not slip a cent while you move.
- Bottom of shin guard should sit up approximately two finger widths above the ankle's flex point.

### Helmets

- Should fit snugly on the face while not being able to sit a fist or more side to side on the player's head.
- The chin of a helmet is approximately one-fifth finger width above the eyebrows.
- To wear, place a fully expanded bolter on the player's head and secure the strap with the desired fit in each ear.
- The chin strap's width should equal or exceed the width of the lower jaw (more than one finger width between itself and the neck).

### Facemask

- Should fit snugly against the chin to provide stability to the helmet if a player is struck in the face or side of the face plate.

### Gloves

- Functions to protect the fingers, wrist, back of the hand, and wrist.
- Cuff of the glove will be one of 3 styles: short, medium, or long. The glove should work with the elbow pad to offer maximum forearm protection.

### Protective Cup

- Sizing should fit rubber waste size and should be comfortable and protective.
- Available in an athlete's support or "shorts" style.

### Skates

- Skate sizing is not an art to shoe sizing. Skate size should be evenly sized with shoe size.
- Heel should be tight to the heel giving no movement. Heel should be allowed for shoe seasons growth, but no more than 3/8 inch that is no big can cause blisters.
- Skate boot should be safe to flex.



# Intro To Hockey

## FOCUS

- ☞ Developing a “like” for hockey via fun activities / games  
Often not hockey related, but skating related
- ☞ Learning Hockey Fundamentals
  - Equipment, Positions, Terminology
- ☞ Skating fundamentals
  - Stance / Stride / Stopping
- ☞ Skill Development

## NOTES

- ☞ Minimal Games / Minimal Travel
- ☞ Team Broken into groups based on Stage of Development
- ☞ Strive for High Instructor/Coach to Child Ratio

# Travel / Commitment

Dependant on Age Group / Dependant on Group Skill Level

- ☞ Novice (similar approach as introductory - minimal)
  - ☞ \* Atom
  - ☞ \* PeeWee
  - ☞ \* Bantam
- \* League, Tournament, Provincials

# Skill & Skating Development

- ∞ **8-10 Skill and Skating Development sessions (Oct-Dec)**
  - 100% optional, but recommended
  - \$120
- ∞ **Hockey Alberta Practice Involvement**
- ∞ **Local Senior / Former Professional Player Involvement**

# WHEN DO I /WE START

## ☞ Registration Nights

- Early Bird: September 1
  - Draw for Free Registration
  - 4-7pm
- September 8
  - 4-7pm

## ☞ Conditioning Camp

- September 23, 24, 25
- Atom – Midget (looking at younger groups based on #'s)

## ☞ Practices / Evaluations

- Late September

# Coaching

## NECESSARY COURSES

- ☞ Respect in Sport Coach (online half day)
- ☞ Coach Level Certification (2 day with on ice)

## OPTIONAL COURSES

- ☞ Introduction to Coaching
- ☞ Body Contact
- ☞ Developmental Levels

**\*\*\* 100% Paid for by Minor Hockey**

**\*\*\* Experienced Coaches for Mentoring / Support**

**\*\*\* Hockey Alberta Mentoring / Support**

# Trainer

## NECESSARY COURSES

- ☞ Hockey Canada Safety Program (1 day)
- ☞ Respect in Sport Coach
- ☞ One required for each team

**\*\*\* 100% Paid by Minor Hockey**

# Referee

## NECESSARY COURSES

- ∞ Hockey Alberta Referee (Held in Spirit River and Fairview)
- ∞ Level 3 and above require further training / development



RANGERS



# Opportunities to Be a Stakeholder

- ☞ Team Directors – represented to executive
- ☞ Coaches / Assistant Coaches
- ☞ Trainers
- ☞ Referee Coordinator

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- ☞ Tournament Coordinators
  - ☞ Managers
  - ☞ Fundraising
  - ☞ Fan!!!